



GIVE YOURSELF A BREAK!

Powerful Tools Classes for Family Caregivers

Every Monday in October & November 7th, 2016 1pm–3pm

The Powerful Tools for Family Caregivers Class will provide you with tools and strategies to better handle the unique caregiver challenges you face. The tools learned in the five-week series benefit caregivers by helping reduce stress, improve caregiving confidence, establish balance, communicate needs, make tough decisions and locate helpful resources.

Classes are provided FREE by the National Family Caregiver Grant and led by a certified trainer. Contributions accepted.

It is an evidence based class, which means you will find quality and relevant information.

Registration is required.

Please contact Holly Hight at (919) 776-0501 Ext. 2230.



**The Enrichment Center - 1615 S. Third Street
Sanford, NC 27330**